



December



A g e l e s s

FREE

A Newsletter for Juneau County Seniors & Adults with Disabilities

NOTES FROM CHAR NORBERG, DIRECTOR

Did you know:

To deliver his gifts in one night, Santa would have to make 822.6 visits per second, sleighing at 3,000 times the speed of sound.

At that speed, Santa and his reindeer would burst into flame instantaneously.

Happy Holidays to everyone! The Holidays are really taking shape here in the Aging and Disability Resource Center. We have officially made it through Thanksgiving and the month of November. We are in the midst of our Holiday Craft Fair so make sure to stop in and check out all the wonderful crafts and gifts we have on display for sale. Holiday meals are being planned in our Senior Dining sites. Check out the end of this article for dates and times. Make sure to watch community news for holiday events open to the public during the month of December.

The Winter Solstice will be occurring on Tuesday, December 22. This means that our days will be growing longer and our nights will be growing shorter. The winter solstice occurs every year on either December 21, or 22. This marks the official beginning of winter and the shortest amount of daylight in the northern hemisphere. The winter solstice was often a time of significance throughout history. It was often used to guide animal mating activities, sowing of crops, and monitoring of winter food reserves. In addition, the winter solstice played important roles in pagan religions. The majority of wine and beer made during the year was also fermented and ready for consumption at this time. Remember to take some time to recognize the first day of winter on Tuesday, December 22 this year!

Now, on to some real news. Do reindeer fly? The answer is, yes! At least, it is if you believe in Santa Claus. Reindeer are native to regions in the Arctic Circle like Alaska and Greenland. They are the same species as the North American caribou. Today, native people, like the Lapps in Scandinavia, still follow herds of reindeer. They use them as a form of transportation to pull their sleds. They put all their belongings on sleds and have about six to eight teams of reindeer pull them around from place to place. Reindeer hooves are wider than the average deer. That helps them move quite well across packed ice and snow. They can travel up to 70 miles in one day and are very fast. Both the male and female grow horns they shed once a year.

A set of horns is called a rack, or antlers. A reindeer might use those antlers to dig into the snow to get to the grass underneath, or as a means of self-protection, or for a good scratch.

According to the legends of the Lapps, Reindeer fly once a year to help Santa Claus.

Senior Dining site Holiday meals:

Mauston, December 15 at 11:30 a.m.

Camp Douglas, December 15 at 11:30 a.m.

New Lisbon, December 15 at 11:45 a.m.

Necedah, December 15 at 12:00 p.m.

Lyndon Station, December 22 at 11:00 a.m.

Wonewoc, December 16 at 11:30 a.m.

Elroy, December 22 at 11:30 a.m.

**Happy Holiday from the ADRC staff and all of the
Mealsite Managers!**

Have a safe and happy holiday season!

DECMEBER 2015 ISSUE NUMBER 24

CENTER INFORMATION AND CONTACTS

Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



Aging & Disability Resource Center of Eagle Country--Mauston

Contact Information

Phone 608-847-9371
Toll Free 877-794-2372
Website.....www.adrceagle.org
Office Hours Monday-Friday, 8:00am-4:30pm
Address..... 220 E. La Crosse Street
Mauston, WI 53948

Services

Information & Assistance

Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options. Contact us to see what is available in your area.

Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

Staff:

Char Norberg Director

Lynn Martin.. Adult Center/Transportation
Coordinator

Karla FaulknerClerk Typist II

Jessica Hoehn Disability Benefit Specialist

Norma PhillipsMedicare Part D
Benefit Specialist

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Mary MurrayInformation & Assistance
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+++++

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lmartin@co.juneau.wi.us

Volunteers.....Blanche Dallman,
Carol Arens and Norma Smith



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at 847-9371





DECEMBER 2015 EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Foot Clinic- Mauston Basketball Day 	2	3 International Day of Persons With Disabilities 	4 Holiday Craft Fair Ends National Cookie Day 	5 Holiday Parade Community Soup Supper 217 Oak St. Mauston 5-7pm Presbyterian Church
6	7 Pearl Harbor Day  <small>National Pearl Harbor Remembrance Day</small>	8	9	10 Foot Clinic- Elroy Mauston Sharing Supper 5-6:30pm at Mauston High School	11	12 Gingerbread House Day 
13	14	15 New Lisbon/ Necedah Community Supper 4:30- 6pm at New Lisbon Community Center	16 Elroy Community Supper 4:30-6pm at Methodist Church	17	18 National Ugly Christmas Sweater Day 	19
20	21 Committee on Aging & Disability Meeting 9:30am Rm 1 Courthouse Basement	22	23	24 Merry Christmas!! ADRC office and all mealsites closed.	25 Merry Christmas!! ADRC office and all mealsites closed.	26
27	28	29	30 Bacon Day 	31 New Year's Eve 	Jan. 1 Happy New Year!! ADRC office and all mealsites closed.	

Senior Bus Trips For December

1st Friday—Mauston to La Crosse Christmas Lights

2nd Friday—Elroy, Woneewoc, Union Center, and Camp

Douglas to La Crosse Christmas Lights

3rd Friday—Mauston to La Crosse Christmas Lights

4th Friday—Lyndon Station, New Lisbon, and Necedah to La Crosse Christmas Lights

Lunch is Dutch treat.

Cost is \$7.

Call the ADRC 847-9371 to reserve your spot.



Christmas Trivia

1. What Christmas Ballet is the most famous of all?
A. Rudolph's Surprise B. The Nutcracker C. Mr. & Mrs. Claus D. Frosty Goes to New York
2. Where was Mommy kissing Santa Claus?
A. On the Corner B. In the Bedroom C. Under the Mistletoe D. In a Dark Alley
3. Who wrote the song "Here Comes Santa Claus"?
A. Michael Jackson B. Gene Autry C. Persy Douglas D. Leroy Jones
4. Which reindeer does not belong below?
A. Dancer B. Comet C. Roger D. Dasher
5. All I want for Christmas is my ...?
A. Own Big House B. Two Front Teeth C. Little Brown Dog D. Friend Leroy Jones
6. How many reindeer pull Santa's sleigh?
A. 8 B. 9 C. 10 D. 12
7. Which of these companies was the first to use Santa Claus in an advertisement?
A. Pepsi B. Coca-Cola C. 7-Up D. Fanta
8. Which president was the first to decorate the White House Christmas tree?
A. Franklin Pierce B. Benjamin Franklin C. George Washington D. Abraham Lincoln
9. Which country did the gingerbread house come from?
A. Austria B. Switzerland C. Germany D. United States
10. Which Christmas movie has been played more than any other?
A. A Christmas Story B. Home Alone C. Frosty the Snowman D. It's a Wonderful Life

Live Life Laughing!

Sure I've got the holiday spirit, cranky and exhausted.



Foot Health Clinics

With a Certified Nail Technician

1st Tuesday, December 1,
9am.—noon

Juneau County Adult Center Call 847-9371

2nd Thursday, December 10,
9 am.—noon

Elroy Grace Lutheran Church Call 462-5175

Cost is \$25.



We urge you to stay tuned to WRJC 92.1 or watch Channel 3 or Channel 8 for potential dining center closings in the event that inclement weather is forecasted. We want to keep our participants and meal delivery drivers safe this winter.

It's a good idea to put together an emergency preparedness box of items such as flashlights, blankets, water, matches, non-perishable foods, pet items, and a weather radio to keep informed about potential weather emergencies.

Cranberry Cake

Cake:

3 eggs

2 c. sugar

3/4 c. margarine, softened

1 tsp. almond extract

2 c. flour

2 1/2 c. fresh or frozen cranberries (thawed)

2/3 c. chopped pecans (optional)



In a mixing bowl, beat eggs with sugar until slightly thickened and light in color, about 5 minutes. Add butter and extract, beat 2 minutes. Stir in flour until combined. Stir in cranberries and pecans. Spread in greased 9x13 baking pan. Bake 350° for 35-45 minutes or until toothpick comes out clean (from center of cake). Serve with whipped cream or butter sauce.

Sauce for cake:

1/2 c. butter

3.4 c. whipping cream (not whipped)

1 c. sugar

Melt butter on low heat, add sugar and whipping cream.

Pour warm sauce over cake just before serving.

Thank you to Hazel Reigard for this month's recipe. If you have a recipe you would like to share, drop off or mail it to: ADRC, 220 E. La Crosse St., Mauston, WI 53948 or email it to: Imartin@co.juneau.wi.us.

Please patronize the local businesses who advertise in this newsletter! They make our publication possible.

Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

Mauston Clinic

Within PTWorks Physical Therapy 610 McEvoy Street, Mauston (conveniently located between McDonald's and Culver's)

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Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



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MILE BLUFF MEDICAL CENTER

SUPPORT GROUPS

GRIEF SUPPORT GROUP - *For more information, call 608-847-1285.*

This group offers support services to families and individuals who are coping with the death of a loved one. The group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Thursdays: December 3, 17

AL-ANON GROUP - *For more information, call 608-562-5611.*

- Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

PARKINSON'S SUPPORT GROUP

If interested in group meetings, call Arlene at 608-847-6893.

SPECIAL EVENTS & SCREENINGS

FREE BLOOD PRESSURE SCREENINGS - *For more information, call 608-847-1845.*

Screenings are held at The Bank of Mauston, Highway 82 in Mauston, from 1 - 3 pm.

- Wednesday, December 2

PASSPORT TO HEALTHIER LIVING WITH DIABETES - *Call 608-847-1846 for more information.*

Receive tips on how to better manage your diabetes through diet, medication management, glucose monitoring, and stress management. These free sessions will be held at 1 pm at Mile Bluff Medical Center in Mauston.

- Thursday, December 3

HEALTH FAIRS - *Appointments are required for all tests.*

-**FREE** blood sugar and blood pressure screenings

-Total cholesterol tests (no fasting) for \$10, or lipid profile tests (12-hour fasting) for \$20

-Heart disease and diabetes risk assessments

- Thursday, December 10, 7 - 11 am, Mile Bluff Medical Center in Mauston

Call 608-847-1845 for appointments.

(Hearing screenings 8 - 11 am)

- Thursday, December 17, 7 - 11 am, Mile Bluff - Delton Family Medical Center

Call 608-254-5888 for appointments.

COMMUNITY BLOOD DRIVE - *For more information and to register, call 877-232-4376.*

- Monday, December 21, 9 am - 2 pm, Mile Bluff Medical Center in Mauston

WINTER WALKING

Don't let the cold weather keep you from exercising this winter. On school days, many area schools are open so the public can walk indoors. Call 608-847-1845 for specific locations and times

SAVE THE DATE

UNDERSTANDING DEPRESSION - *For more information, call 608-847-1285.*

For family and friends of those living with depression. This group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Thursday, January 7

CONQUER YOUR DEPRESSION - *For more information, call 608-847-1285.*

For individuals living with depression. This group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Thursday, January 21

PIANO FONDUE - DUELING PIANOS - *For more information, call 608-847-1065.*

This fundraiser is being hosted by the Nurses Helping Nurses program of Mile Bluff Medical Center Foundation. All proceeds will go toward helping nurses pursue further education. General admission tickets are \$25.

- Saturday, January 30, 6:30 pm
New Lisbon Travelers Inn

LOOK GOOD... FEEL BETTER® - *For more information and to register, call 608-847-9877.*

Ladies currently receiving cancer treatments at any medical facility are invited to attend this free session to learn beauty techniques to help combat appearance-related side effects of treatments.

- Tuesday, February 2, 9-11 am, Mile Bluff Medical Center in Mauston

VALENTINE'S BINGO

For more information and to reserve your spot, call 608-847-2377.

Join the tenants of Terrace Heights Retirement Community for their annual Valentine's BINGO game.

- Tuesday, February 9, 2 pm at Terrace Heights Retirement Community in Mauston

COMMUNITY BLOOD DRIVE

For more information and to register, call the Blood Center of Wisconsin at 1-877-232-4376.

- Monday, February 22, 9 am - 2 pm, Mile Bluff Medical Center in Mauston

3rd ANNUAL TWEENS' NIGHT OUT - *Call 608-847-1495 for more information.*

This free and fun event is for girls in 5th through 8th grade; it includes interactive sessions and exhibits, concessions and a style show. Presented by Juneau County Women's Health Initiative, a division of Mile Bluff Medical Center Foundation.

- Friday, April 29, Olson Middle School in Mauston

MEALSITE MANAGERS' PAGE

Elroy Senior Mealsite:

It is December already. The Holiday Season is here with all the hustle and bustle. May everyone have a blessed Christmas and Happy New Year. Take time to enjoy the special moments of being with family and friends.

Dr. Anderson of Elroy Chiropractic Clinic will once again be sponsoring the Christmas Dinner at the Elroy Senior Mealsite on Dec. 22nd. Make sure you call if you plan on attending. Call 462-5175 to make a reservation and don't forget to "Thank" the doctors for their generosity.

If you are looking for a Christmas gift for anyone over 60, call us about a gift certificate from the mealsite.

The Elroy Mealsite can always use volunteers. If you are interested in donating a few hours a week, call and let us know.

To everyone that has a birthday in December have a "Happy Birthday." Enjoy your special day and do something extra nice for yourself.

We are going to start playing Euchre at the mealsite the second Tuesday of the month. We will start to play around 12:30pm when the meal is done. If you are interested, call and let us know or just

show up. The first time we will play is December 8th. Hope to see some of the area Euchre players.

The Senior Bus leaves from Elroy on December 11th to see the LaCrosse Christmas lights. Call the ADRC Office in Mauston at 847-9371 for more information and to reserve a seat. The bus is filling up fast so don't put off calling.

Bingo is played at The Elroy Senior Mealsite at 11am every day that we are open. If you need a ride to the mealsite call us and we will arrange for you to be picked up and taken back home after the meal.

The Elroy Senior Nutrition Program invites all seniors age 60 and older to participate in the senior dining program. Meals are served at 11:45am on Monday, Tuesday, Thursday and Friday. Home-delivered meals are available with a doctor's order. Call the Elroy Mealsite at 462-5175 with any questions. The suggested donation is \$3.75. Join your friends for a warm meal, friendship and fun.

Merry Christmas to Everyone,

Karen Nelson, Elroy Site Manager



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WONEWOC MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 1 Turkey in Gravy over Mashed Potatoes WW Bread or Roll Strawberries Angel Food Cake & Whipped Topping	Dec 2 Sweet & Sour Pork White Rice Steamed Cabbage Breadstick Tropical Fruit Mix	Dec 3 Chili Con Carne Mexicali Corn Cornbread Banana Cookie	Dec 4 Fish Mashed Potatoes Carrots WW Bread or Roll Pears
Dec 8 Boiled Dinner with Ham Carrots, Potatoes & Onions WW Roll or Bread Frosted Cake	Dec 9 Meatloaf Mashed Potatoes & Gravy Green Beans WW Bread or Roll Apple Crisp	Dec 10 Chicken Broccoli Rice Casserole Peaches WW Bread or Roll Birthday Cake	Dec 11 Fish Sandwich on a Bun Chef's Choice Soup Rice Pudding
Dec 15 Swiss Steak Mashed Potatoes Creamed Corn Coleslaw WW Bread or Roll Frosted Cake	Dec 16 <u>Christmas Dinner</u> Roast Beef with Savory Gravy Mashed Potatoes Green Bean Casserole Holiday Fruit Salad with Whipped Topping Dinner Roll Ice Cream Cake	Dec 17 Tuna Noodle Casserole Seasoned Peas Cornbread Peaches	Dec 18 Baked Fish Potatoes Vegetables Fruit Crisp
Dec 22 Hamburger Patty on a Bun Baked Beans Macaroni & Cheese Pears	Dec 23 Tater Tot Casserole Carrots WW Bread or Roll Cookie	Dec 24 <u>Christmas Eve Day</u> All Sites Closed. No Meals Served.	Dec 25 <u>Christmas Day</u> All Sites Closed. No Meals Served.
Dec 29 Chicken Casserole California Blend Biscuit Frosted Cake Banana	Dec 30 Baked Chicken Baked Potato w/ Sr. Crm. Parsley Buttered Baby Carrots WW Roll or Bread Cookie	Dec 31 Cheese Tortellini Meat Sauce Italian Blend Vegetables Breadstick Brownie	Bernie's Wagon Wheel II 229 Center St. Wonewoc 464-7217 Serving Time 11:30-12:15

MENU FOR MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, AND LYNDON STATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Mauston -847-9371 Necedah -547-3125 Camp Douglas-427-3287 New Lisbon -562-6592 Lyndon Station- 666-2423</p>	<p>Dec 1 Turkey & Noodles Squash WW Bread or Roll Strawberries Angel Food Cake & Whipped Topping</p>	<p>Dec 2 Sweet & Sour Pork White Rice Steamed Cabbage Breadstick Tropical Fruit Mix</p>	<p>Dec 3 Chili Con Carne Mexicali Corn Cornbread Banana Cookie</p>
<p>Dec 7 Egg Salad Sandwich on WW Bread Chef's Choice Soup Rice Pudding</p>	<p>Dec 8 Boiled Dinner with Ham Carrots, Potatoes & Onions WW Roll or Bread Frosted Cake</p>	<p>Dec 9 Meatloaf Mashed Potatoes & Gravy Green Beans WW Bread or Roll Apple Crisp</p>	<p>Dec 10 Chicken Broccoli Rice Casserole Vegetable Blend WW Bread or Roll Birthday Cake</p>
<p>Dec 14 Hearty Harvest Stew with Carrots, Celery, Onion & Potato Biscuit Fruit Crisp</p>	<p>Dec 15 <u>Christmas Dinner</u> Roast Beef with Savory Gravy Mashed Potatoes Green Bean Casserole Holiday Fruit Salad with Whipped Topping Dinner Roll Lemon Meringue Pie</p>	<p>Dec 16 Tuna Noodle Casserole Seasoned Peas Cornbread Peaches</p>	<p>Dec 17 Salisbury Steak & Gravy Mashed Potatoes Creamed Corn Coleslaw WW Bread or Roll Frosted Cake</p>
<p>Dec 21 Rosemary Pork Loin Whipped Potatoes & Gravy Stewed Tomatoes WW Bread or Roll Fruit Pie</p>	<p>Dec 22 Hamburger Patty on a Bun Baked Beans Macaroni & Cheese Pears <i>Lyndon Station—Xmas Dinner</i></p>	<p>Dec 23 Tater Tot Casserole Peas & Carrots WW Bread or Roll Cookie</p>	<p>Dec 24 <u>Christmas Eve Day</u> All Sites Closed. No Meals Served.</p>
<p>Dec 28 Hearty Hamburger Gravy Mashed Potatoes Vegetable Blend WW Roll or Bread Fruit Crisp</p>	<p>Dec 29 Turkey Ala King California Blend Biscuit Frosted Cake Banana</p>	<p>Dec 30 Baked Chicken Baked Potato w/ Sr. Crm. Parsley Buttered Baby Carrots WW Roll or Bread Cookie</p>	<p>Dec 31 Cheese Tortellini Meat Sauce Italian Blend Vegetables Breadstick Brownie</p>

All menus are subject to change without notice.

ELROY MENU

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>Serving at 11:45A.M.</p> <p>Suggested Donation \$3.75</p> <p>Milk served each day.</p>	<p>Dec 1 Hot Dog/Mashed Potatoes/Cheese Green Beans Salad Dinner Roll Fruit</p>	<p>Dec 3 Porcupine Meatballs Baked Potatoes California Blend Dinner Fruit Cake</p>	<p>Dec 4 Fish/Tartar Sauce Cheesy Hash Browns Coleslaw Dinner Roll Fruit</p>
<p>Dec 7 Bar-B-Que/Bun Macaroni & Cheese Baked Beans Pickle Fruit Cookie</p>	<p>Dec 8 Pork Roast Potatoes & Gravy Peas Dinner Roll Fruit</p>	<p>Dec 10 Baked Chicken Potatoes & Gravy Green Beans Dinner Roll Fruit Cake</p>	<p>Dec 11 Tator Tot Casserole W/Mixed Vegetables Broccoli Salad Dinner Roll Fruit</p>
<p>Dec 14 Pizza (Variety-Sausage, Pepperoni, Cheese) Cottage Cheese Fruit Cheese Cake</p>	<p>Dec 15 Beef Stroganoff/Noodles Waldorf Salad Squash Dinner roll Fruit</p>	<p>Dec 17 Breaded Pork Chop Twice Baked Potato Corn Dinner Roll Pineapple Salad Pie</p>	<p>Dec 18 Fish/Tartar Sauce Tator Tots Peas & Carrots Dinner Roll Fruit</p>
<p>Dec 21 Vegetable Beef Soup Crackers Grilled Cheese Sandwich 3-Bean Salad Fruit</p>	<p>Dec 22 <u>Christmas Dinner</u> Ham & Swedish Meatballs Potatoes & Gravy Carrot Casserole Cherry Fluff Salad Dinner Roll Crème De Mint Dessert</p>	<p>Dec 24 <u>Christmas Eve Day</u> All Sites Closed. No Meals Served.</p>	<p>Dec 25 <u>Christmas Day</u> All Sites Closed. No Meals Served.</p>
<p>Dec 28 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Fruit 7-Layer Bar</p>	<p>Dec 29 Cook's Choice Potatoes Vegetable Dinner Roll Fruit</p>	<p>Dec 31 La Farge Bologna Potato Spinach Dinner Roll Fruit</p>	<p>Grace Lutheran Church 226 Erickson St. Elroy, WI 608-462-5175</p>

FUN & GAMES

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D T N K N T A M G G Z Q A K
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I I W I R U S R G W I R E H
E R M L E O N E B H K G Y O
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Christmas

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BAKING	PRESENTS
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CAREGIVER ASSISTANCE NEWS

Battle of the Bath

Bathing and Peri Care

Bathing is often called the most challenging activity for both the person with dementia and the caregiver. What a shame that the idea of relaxing in a warm tub filled with bubbles rarely matches the typical caregiver-care receiver experience. Standing naked, afraid of falling, in a room that may be drafty, with water coming from all kinds of unexpected places, may result in pain, fatigue, weakness, confusion, and anxiety for the person with Alzheimer's disease.

Making bathing easier and more pleasant—

- **Let the person feel in control.** Does the person prefer showers, a tub bath, and at what time of day?
- **Create a safe atmosphere.** Put non-slip adhesives on the floor and bottom of tub, install grab bars to prevent falls, test the water temperature in advance and use a bath bench.
- **Respect the person's dignity.** Allow the person to keep a towel around him or her in and out of the shower or tub.
- **Don't worry about daily baths.** It doesn't have to be done every day. Sponge baths can be used in between showers and baths.
- **Be gentle.** The person's skin may be sensitive. Avoid scrubbing. Pat dry. Use lotion.
- **Be flexible.** If the person does not want a shampoo, use a wash cloth to soap and rinse the hair. Or, use a shampoo in a cap or substitute a no-rinse shampoo for a regular shampoo.

Talk with the person, tell him or her what you are going to do next, encourage him or her to wash areas that he or she can and watch that the flow of water is not too strong. A person can also be washed in his or her room in bed, if showers or baths are not comfortable or practical.

SAFETY TIPS—Types of Baths

- ♦ **Bed bath**—this may be useful if the person must stay in bed. This is also a good time to check for skin conditions such as bedsores or rashes. In the advance stage of dementia, bed or sponge baths may be the only choices you have.
- ♦ **Basin bath**—if the person is in a chair or wheelchair, you can give a sponge bath at the sink.
- ♦ **Tub bath**—use if the person has good mobility and is strong enough to get into and out of the tub. Be careful—tubs can be dangerous if a person has

problems with balance.

- ♦ **Shower**—make sure the floor is not slippery; let the person smell soap and feel a towel if he or she does not understand; make sure the room is warm.

NOTE

For a person with dementia, removing clothes can be frightening or painful and cause a feeling of loss. Don't rush.



Taking Care of Yourself—How to Show Gratitude

The holidays are especially a time for gratitude, and there are many ways, without spending money, to express a heartfelt “thank you” to people who make your life a little bit better:

- ◇ Make a referral as an affirmation of your appreciation for a professional service.
- ◇ Use hand-written “thank you” notes.
- ◇ Convey your gratitude with a tasty culinary creation like a cake.
- ◇ Pass on a good deed to other people to pass on kind favors done to you.
- ◇ Spend quality time with friends to show you value their relationship.
- ◇ Make a public announcement of your appreciation to someone.
- ◇ Add a little creativity in saying thank you to surprise the recipient.



Winter Walking

Don't let the cold weather stop you from being active this winter. Maintain and even improve your health and overall wellness with indoor winter walking.

Area schools have set aside times on school days for you to come and enjoy walking in the warmth of the indoors during the cold weather months. Schools in Mauston, New Lisbon, Necedah, Wonewoc, Elroy and Adams are all part of this program. Call Mile Bluff's Health Promotion Department at 608-847-1845 for more information and to request a flyer with a list of walking times and locations.

Along with the cold days of winter comes the desire to stay at home, but often times we are less active when we do. With indoor winter walking, you can take steps towards a healthier you!

Mauston High School

800 Grayside Avenue, Mauston
Use the main front doors.
6:30-7:30 a.m. & 3:45 -5:00 p.m.

Olson Middle School

508 Grayside Avenue, Mauston
Enter at west parking lot, door #1.
Access to certain areas will be
restricted on game nights.
4:00-6:00 p.m.

West Side Elementary School

708 Loomis Drive, Mauston
4:00-7:00 p.m.

New Lisbon Schools

500 South Forest Street, New Lisbon
Use the multi-purpose room entrance, door #1.
6:00-7:30 a.m. & 4:00-6:00 p.m.

Necedah Schools

1801 South Main Street, Necedah
Use the main entrance at the front
of the school.
6:00-7:30 a.m. & 6:30-8:30 p.m.

Wonewoc-Center School

101 School Road, Wonewoc
Use the entrance by the flag pole.
3:30-5:30 p.m. (Monday - Thursday)

Royall High School Hallways

1501 Academy Street, Elroy
Enter at the front door.
6:00-7:30 a.m.

Adams-Friendship High School

1109 East North Street, Adams
Enter at the front door.
6:30-7:30 a.m. (Mondays)
6:00-7:30 a.m. (Tuesday - Friday)
4:00-9:00 p.m. (Monday - Friday)

Don't Fall—Be Safe

Falls often occur as people get in or out of the tub. Non-slip, suction mats or rubber silicone appliques in the tub will help prevent falls.

A non-skid, latex-coated bath mat on the floor beside the tub provides firm footing.

Grab bars around the bathtub should be installed according to the manufacturer's directions for firm, solid support. Under no circumstance should towel rods be used as bathtub aids. They will not support a person who loses balance.

December Birthdays

1—JoAnn Salava, 2—Carole Krueger,
4—Cathy Spatola, 7—Lois Hall, Katie Con-
nor, Sherman Pagenkopf, 10—Henry
Schmid, 11—Marilyn Walden, 13—Roger
Thul,
21—Virginia Strege, 28—Caroline Boldon,
Tom Belsky, 29—Kathy Passarelli,
31—Delilah Thompson

*If your birthday is not here and you would like it
listed, please contact our office.*

Inspiration

*Stress is a disease cured
by human connection.*

BENEFIT SPECIALIST

CYBER MONDAY VALUE AT SOCIALSECURITY.GOV

By Bob Trotter

Social Security Public Affairs Specialist in Milwaukee, WI

With the holiday season in full swing, you may find yourself exploring those tempting online shopping deals.

The day after Thanksgiving has nearly become a holiday of its own. “Black Friday” is the busiest shopping day of the year, with people lining up at midnight for deals as they begin the busy holiday shopping season. The Monday after that has become a virtual holiday, pun intended. “Cyber Monday” is the day Internet-savvy people search for deals, all online.

But, there’s more than one way to find value on the Internet. For example, Social Security offers many online services to the public — and they’re free and secure! Doing business online with Social Security will also save time. Now that’s an offer you can’t refuse! Here are some of the most popular online services you’ll find at www.socialsecurity.gov. Each site is safe and secure.

The online Social Security Statement is a hot service that is a big hit with the millions of people who’ve used it since its launch. Your online Statement provides you with a record of your past earnings, and it uses those earnings along with projected earnings for future years to give you accurate estimates of future Social Security benefits. Open your personal my Social Security account to get your Statement today. Just go to www.socialsecurity.gov/myaccount/.

The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just enter some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You can even experiment with different scenarios, such as changing your future earnings and retirement date. Check it out in English at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

The online Retirement Application is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home — it’s convenient and secure. In fact, you can apply online in as little as 15 minutes. In most cases, after your application is submitted electronically, you’re done. There are no forms to sign and, usually, no documentation is required. Social Security will process your application and contact you if any further

information is needed. When you’re ready to retire, apply at www.socialsecurity.gov/applyonline. Business Services Online is our one-stop shop for small business owners. The site allows organizations and authorized people to conduct business with and submit confidential information to Social Security. Employers can use it to file W-2s for their employees the fast, convenient, and paperless way — online. Visit Business Services Online at www.socialsecurity.gov/bso.

Social Security’s online services continually receive the highest ratings in both the public and private sectors. Each site uses the highest security to keep your information safe. We have one of the top-ranking websites for plain language, so you can easily understand the features you’re getting — no fine print to squint over.

Learn more about all you can do online at Social Security on Cyber Monday, or any day, at www.socialsecurity.gov/onlineservices.

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GENERAL

Question:

I can’t seem to find my Social Security card. Do I need to get a replacement?

Answer:

In most cases, knowing your Social Security number is enough. But, if you do apply for and receive a replacement card, don’t carry that card with you. Keep it with your important papers. For more information about your Social Security card and number, and for information about how to apply for a replacement, visit www.socialsecurity.gov/ssnumber. If you believe you’re the victim of identity theft, read our publication Identity Theft and Your Social Security Number, at www.socialsecurity.gov/pubs.

RETIREMENT

Question:

What can Social Security do to help me plan for my retirement?

Answer:

Social Security has some great online financial planning tools you can use to make an informed decision about your retirement. Social Security’s online Retirement Planner and our online Retirement Estimator are both tools you can access at any time. These will let you compute estimates of your future Social Security retirement benefits. They also provide important information on factors affecting retirement benefits, such as military service, household earnings, and federal employment. You can access our Retirement Planner at www.socialsecurity.gov/retire2. And, you can use the Retirement Estimator at www.socialsecurity.gov/estimator.

Question:

How do I earn Social Security credits, and how many do I need to qualify for benefits?

Answer:

We use your total yearly earnings to figure your Social Security credits. The amount needed for a credit in 2015 is \$1,220. You can earn a maximum of four credits for any year. The amount needed to earn one credit increases automatically each year when average wages increase.

You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit application. No one needs more than 40 credits for any Social Security benefit. For more information, visit our website at www.socialsecurity.gov.

DISABILITY

Question:

What is substantial gainful activity?

Answer:

We use the term "substantial gainful activity," or "SGA," to describe a level of work activity and earnings. Work is "substantial" if it involves doing significant physical or mental activities or a combination of both.

If you earn more than a certain amount and are doing productive work, we generally consider that you are engaging in substantial gainful activity. For example, the monthly SGA amount for 2015 is \$1,090. For statutorily blind individuals, that amount is \$1,820.

You would not be eligible for disability benefits. You can read more about substantial gainful activity and if your earnings qualify as substantial gainful activity at www.socialsecurity.gov/oact/cola/sga.html.

Question:

Will my disability benefits be reduced if I get workers' compensation or other public disability benefits?

Answer:

If you get either workers' compensation or public disability benefit payments, we may reduce Social Security benefits for you and your family.

Public disability benefit payments paid under a federal, state, or local government law may affect your Social Security benefit. This includes civil service disability benefits, temporary state disability benefits, and state or local government retirement benefits based on disability. Disability payments from private sources, such as a private pension or insurance benefits, don't affect your Social Security disability benefits. However, in some cases, private disability insurers may require you to apply for Social Security disability benefits before they pay you. You may want to check to find out about your private insurer's policy.

We reduce the Social Security disability benefits you and your family get if the combined total amount, plus your workers' compensation payment, plus any public disability payment you get, exceeds 80 percent of your average earnings before you became injured or ill.

See the publication What You Need To Know When You Get

Social Security Disability Benefits at www.socialsecurity.gov/pubs for more information.

SUPPLEMENTAL SECURITY INCOME

Question:

What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

Answer:

Social Security is responsible for running two major programs that provide benefits based on disability. Social Security Disability Insurance (SSDI) is based on prior earnings. SSDI is financed through the taxes you pay into the Social Security program. To be eligible for an SSDI benefit, the worker must earn sufficient credits based on taxable work to be "insured" for Social Security purposes. SSDI benefits are payable to eligible blind or disabled workers, the widow(er)s of a disabled worker, or adults disabled since childhood.

SSI disability payments are made based on financial need to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. SSI is a program financed through general revenues. For more information, visit www.socialsecurity.gov.

Question:

What is a Plan to Achieve Self-Support (PASS)?

Answer:

A PASS helps Supplemental Security Income disability beneficiaries return to work. It is a written plan of action for getting a particular kind of job or starting a business. In it, you identify: the job or business (this is your work goal); the steps you will take and the things you will need in order to achieve your work goal (for example: education or training, transportation, child care, or assistive technology); the money you will use to pay for these things (this may be any income (other than SSI benefits) or assets, such as Social Security benefits, wages from a current job, or savings); and a timetable for achieving your goal. For more information, visit our publication on the subject at www.socialsecurity.gov/pubs.

MEDICARE

Question:

What can I do if my Medicare prescription drug plan says it won't pay for a drug that my doctor prescribed for me?

Answer:

If your Medicare prescription drug plan decides that it won't pay for a prescription drug, it must tell you in writing why the drug isn't covered in a letter called a "Notice of Denial of Medicare Prescription Drug Coverage." Read the notice carefully because it will explain how to ask for an appeal. Your prescribing doctor can ask your Medicare drug plan for an expedited redetermination (first level appeal) for you, if the doctor tells the plan that waiting for a standard appeal decision may seriously harm your health. For more information, visit www.medicare.gov.



Karie Puhl, Mauston Site Manager
Merry Christmas to everyone.

Please call ahead, and let us know if you wish to join us.
Mauston's Christmas meal will be served on December 15th.
baked goodies for you to purchase as well as crafts.
come and see what our seniors have done. There is always
starts on November 18 and runs through December 4. Please
Don't forget the craft fair at the Mauston Courthouse Annex. It
Happy Birthday to my mom, Helen Milne xoxo.
Happy Birthday to everyone in December and a very special
let you know if we are open.
for Mealsite closings. You can also call 847-9371 and Lynn will
bitter cold weather. Please remember to keep your radio on 92.1
December is upon us. Sure hope we don't get tons of snow and
made it safely.
weather cooperating, hope everyone's family coming home
month. Hope everyone had a Happy Thanksgiving and with the
Another month has come and gone. November was a very mild
Hello Everyone,



November's gusty winds have blown us right into December! To recap a little of what's happened at the mealsite I'd like to announce our October drawing winners : Mona Lankey won a \$5 gift certificate from Bernie's Wagon Wheel, Nancy Lolly a \$5 gift certificate from Main Street Coffee and Treats, and Alice Degner a \$5 certificate from the Silent Rooster. All fabulous businesses in downtown Wonewoc! November's drawing winner was June Schnoor. She received two tickets to the W-C teacher's spaghetti supper and two tickets to the W-C Choral production of Ducktails and Bobbysox. Thank you to everyone who had lunch with me and signed up. Be sure to get there in December and sign up to win!

Our Thanksgiving dinner was lovely, and I'm very much looking forward to Christmas dinner at the site on Wed. December 16th. Festivities will start with BINGO and pre-dinner munchies at 10am, Christmas caroling at 11am, and lunch served around 11:30am. If you'd like to join us, please sign up by Fri. Dec. 11th.

Some events to look forward to in our area are Breakfast with Santa on Dec. 5th at the American Legion. The library will be holding a bake sale during breakfast there. December 12th is the lighted parade at 6pm followed by Kathy Denure and the Simply Sax players at the public library. The elementary holiday program is at 1:30pm on Dec. 17th and the band and choir holiday concert will be Dec. 21st starting at 7 pm. Both school events are free of charge.

Peace, Kristi Shore

Wonewoc Site Manager

For home-delivered meals or lunch at the Wonewoc mealsite at 608-479-1003

From the New Lisbon Mealsite

Hello and many happy wishes for everyone reading this month's issue of the Ageless.

A big Thank You to our young barbershop singers from New Lisbon Schools that came to entertain us at our Thanksgiving meal on Nov. 24th. Some wonderful talent there. They will be back this month on the 17th.

Our Christmas holiday meal is being sponsored by Royal Bank, New Lisbon Branch. The ladies are looking forward to joining us on **Tuesday, December 15th**. I

remember our meal was very delicious last year, of course they are good every day, right! Reserve your spot at the table early.

Happy Birthday to The Lord, Liz W. and Mary N.

The New Lisbon/Necedah Community Supper is on December 15th. They are serving turkey and all the delicious trimmings. Anyone and everyone is invited to enjoy fellowship and good food.

Happy & Safe Holidays,

Nancy Nelsen

Answers to Christmas Trivia on page 4:

1. The Nutcracker 2. Under the Mistletoe 3. Gene Autry 4. Roger 5. Two Front Teeth 6. 8 7. Coca-Cola 8. Franklin Pierce 9. Germany 10. It's a Wonderful Life